

## WAR BREAD FOR TENNESSEE.

It Is Nutritious and More Healthful Than White Bread.

How soon must Tennessee and other states go on a "war bread" basis?

Since the beginning of the war, the belligerent nations have been forced to increase their supply of flour by eating "war bread," that is to say, bread made of flour in which a greater percentage than usual of the whole wheat berry is used. Today about 72 per cent of the wheat put through the mills of this country is converted into flour. In England, 81 per cent of the wheat ground is converted into flour, in Italy 85 per cent, in Switzerland 80 per cent, and in France 77 per cent.

European countries, furthermore, are conserving their wheat supply to a large extent by making bread from wheat flour mixed with rye, barley, corn, or potato flour in various proportions. No one step could do as much to increase our food supply immediately as to put the nation on a "war bread" basis.

A very good war bread can be made from one part peanut meal or corn meal mixed with three parts of ordinary bread flour. The peanuts should be shelled, hulled and roasted, and then crushed with rolling pins. Soy beans can likewise be ground up and mixed with flour. Both of these breads are delicious and nutritious, and should be used to conserve the wheat supply.

In case it becomes necessary to increase our wheat supply by strict economy of consumption, in order to release more wheat for the use of our allies, the milling of wheat on an 85 per cent basis will have the effect of increasing our wheat supply approximately 60,000,000 bushels. If our wheat were milled on a 90 per cent basis, it would take approximately 87,000,000 bushels less wheat to supply us with flour. If the baker and housewife would use 25 per cent substitute flour in making bread, it would further take out our wheat supply to the extent of some 125,000,000 bushels.

Now before necessity pinches us, these are facts which should be considered in all their possible practical bearings. It is stated on reliable authority that 85 per cent wheat flour can be manufactured in our mills without changing their machinery. The most serious industrial change which would be brought about by increasing the yield of flour from 72 per cent to 85 per cent of the wheat would be that the millers could no longer sell flour according to their well-known brands. The European millers, however, have patriotically subordinated their business interests to the interest of the country as a whole, and I believe, if the United States were to adopt a "war bread" policy, that our millers would gladly co-operate.

"War bread," or bread made from whole wheat flour, is, for many people, more healthful than white bread, for although part of the bran is not assimilable even that part has a distinct function in the regulation of the human system.

If the millers of the United States were to make "war bread" flour, there would necessarily be a shortage in the supply of bran, shorts, and middlings now used as cattle feed. But our specialists declare that, as far as beef cattle are concerned, this deficiency could be made up by cottonseed meal, and that weanling pigs, now fed largely on middlings, could be fed to almost as good advantage on corn meal and tankage. Alfalfa, clover, cow peas, and soy beans could be made to take the place of any part or all the bran now fed to milk cows.

Individuals who are unable to secure whole wheat flour at a reasonable price (as cheap as white flour) can make it even more cheaply at home by grinding wheat in a small hand grist mill, a practice which the Department of Agriculture has long recommended.—Carl Vrooman, Assistant Secretary, U. S. Agricultural Department.

## AN HONEST CONFESSION.

A preacher, at the close of one of his sermons, said: "Let all in the house who are paying their debts stand up." Presently every man, woman and child, with one exception, rose to their feet. The preacher seated them and said: "Now every man not paying his debts stand up." The exception, a careworn, hungry-looking individual, clothed in his 1st summer's suit, slowly assumed a perpendicular position. "How is it, my friend," asked the minister, "you are the only man not able to meet his obligations?" "I run a newspaper," he answered, "and the brethren here who stood up are my subscribers, and—"

"Let us pray," exclaimed the minister. If this question was asked in your congregation what would you do—stand up or sit still?

The Subscription Man.

## JUNK BUSINESS

You Can Now Sell Old Iron, Brass and Much That Is Worthless to You.

J. C. Crice has opened a produce and junk business here and is ready to pay cash for a multitude of things that are now bring our people nothing, yet are readily marketable when collected in large quantities.

He has his office in the old poolroom near the railroad track. He is telling the public in his ad in this issue the things he will buy and pay for in cash. There are very few farms in the county where a few dollars worth of old junk could not be found; in many instances it would amount to a nice bunch of pin money for the wife or children. Gather up what you have and convert it into cash.

## CLEAR CREEK COAL COMPANY

Offered for Sale at Nashville Last Saturday and \$36,000 Bid.

The Clear Creek Coal Company property, consisting of about 6000 acres in the north part of this county around Isoline, was offered for sale in Nashville Saturday by U. S. Referee Lee Brock. The upset price was placed at \$32,000. The highest bid was \$36,000 offered by Edward McNeil, of Morgan town, W. Va.

The purchasers are reported to be preparing to make extensive improvements on the property and actively develop the numerous veins of coal known to underlie the property. In the event the property is developed some miles of railroad will have to be built to reach the openings.

Plenty of small single entry ledgers at the Chronicle office; 180 pages only 35 cents.

In this issue appears an article from J. E. Converse warning the farmers of the danger of not getting so large crops as they might from the use of acid phosphate because of failure to use more nitrogen. The article is full of good advice and should be read and heeded by every farmer in the county.

Julius Ruff and wife were in from Woody Monday making some purchases.

"The Feast of the Red Corn" at the court house Friday night. Adm. 15c and 20c. 1t

The annual exhibit of the Domestic Art classes will be held in the Domestic Art Room of the High School Wednesday and Thursday, April 18 and 19. The public is cordially invited.

For Sale—Six-room house; 1 1/2 acres. Good location on Webb ave. For quick sale \$700. Mrs. Mary Shellito. 4-11-3t.

Rev. Charles Rogers, of the Atlanta, Georgia, Congregational Tabernacle, preached a splendid sermon in the Congregational church here Sunday. Rev. Rogers is a pleasing and logical talker and brought a message to our people that was elevating and strengthening. He also accompanied Rev. C. S. Butler to his appointment at Pomona Sunday afternoon.



## STOP TO THINK!

Your Soiled Garments Can Be Renewed by Our Latest Improved Cleansing Method. We Clean and Dye Everything.

The Mertins French Cleaning Co., Inc.

723 Walnut Street, CHATTANOOGA, TENN. We Give Mail Orders Prompt Attention.

## A QUICK LUNCH, A GOOD MEAL

may be had at my restaurant. I have bought out Mr. Brewer and will keep plenty of pies, cakes and a good line of eatables. You can get a bowl of soup, a sandwich or a square meal on short notice.

F. A. LOSHBOUGH.

"The Feast of the Red Corn" at the court house Friday night. Adm. 15c and 20c. 1t

J. E. Converse was in town Monday looking after business.

The high school will close this week Friday. The public school will continue one week longer.

Bring a friend to the operetta at the court house Friday night. Adm. 15c and 20c. 1t

My black male pig, with white hind feet and which will weigh about 25 pounds, is out and gone. A suitable reward for his capture and return. J. W. Dorton.

Arthur D. Woody has 400 head of hogs at the farm of Jere Morrow, Creston, that he bought in this county. He is feeding them corn shipped from Buffalo Valley and will fatten them for the June market.

An Indian operetta, "The Feast of the Red Corn," will be given at the court house Friday night, April 20, by High School Glee Club. Adm. 15c and 20c. 1t

Mrs. K. L. Bilbrey returned Sunday from Algood, where she had been visiting her sister.

Mrs. E. C. Hughes was the guest of friends in Monterey last week.

The Ladies Aid Society of the Christian church will meet with Mrs. J. W. Dorton this week and with Mrs. Andy Elmore next week.

The Art Circle will meet with Mrs. G. A. Dreutzer this week.

You will enjoy the operetta at the court house Friday night. Adm. 15c and 20c. 1t

Mr. and Mrs. Geo. E. Taylor moved to their new home on Prospect Hill recently purchased from E. O. Hembree.

E. O. Hembree and family moved last week to Pomona to the property recently traded for in the transfer of his Prospect Hill residence.

Don't forget the operetta, "The Feast of the Red Corn," at the court house Friday night. 1t

C. G. Black has recently made extensive improvements on the cottage he purchased a few months ago from Noah Hyder, on North Webb Avenue. When the repairs are finished it will be one of the neatest and most comfortable small residences in town and present a very pleasing appearance. Mr. Black is also building a 5-room bungalow across the street west from the Hyder property. With his characteristic thoroughness he is also making of it a very attractive small residence. When completed it will probably be occupied by Mrs. H. C. Bandy and family.

Come to the court house Friday night and hear some good music by the High School Glee Club. 1t

Indelible pencils at the Chronicle office.

Miss Susie Dunbar went to Harri-man last week to visit with friends. She will likely visit with her sister, Mrs. Martin Burtbach, Chattanooga, before returning home.

Plenty of Time Books at the Chronicle office: two weeks' size and monthly, only 10c. Stenographers' note books also.

John Dnubar arrived home last week after an absence of nearly a year in the west. He had been at Columbus, N. M., for some months working for the government in connection with the troops quartered there. A few weeks before returning home he was sent by the government to Connecticut and Washington on business.

At the Chronicle office you can get pen tablets, examination tablets, fountain pen ink in five and ten cent bottles, pocket note books, stenographer's note books, Crane's fine stationery in two-quire boxes and other stationery such as you do not find elsewhere in this county.

## GASOLINE ENGINE FOR SALE.

One two-horse power gasoline engine in good working order. It's second hand and will sell very cheap. Inquire at the Chronicle office.

## METHODIST EPISCOPAL CHURCH

Sunday school at 10 a. m., B. W. Burnett, Superintendent.

Epworth League, each Wednesday evening at 7:45, Miss Alice Jernigan, President.

Preaching on the First, Third, Fourth and Fifth Sundays of each month, at 11 a. m. and 7:45 p. m.

Clarkrange Second Sunday. W. C. Martin, Pastor.

If you want pencils, fountain pens, pen points, ink wells, library paste, or paper fasteners come to the Chronicle office for them.

## CONGREGATIONAL CHURCH.

Sunday school at 10:00 a. m. Chas. Comstock, superintendent.

Public worship at 11:00 a. m. Gardner S. Butler, Pastor.

Crane's stationery by the quire and envelopes by the bunch at the Chronicle office. Nothing made better than Crane's.

## CORD WOOD

wanted f. o. b. cars.

Corwood cutters' fares paid.

Write DELT CHEMICAL CO., Wells, Delta County, Mich. 4-28-4t

## PRODUCE AND JUNK

I have opened a Produce and Junk business in the old pool room near the railroad and will pay cash for anything you have to sell in my line. I will buy the following:

Chickens, Eggs, Wool, Hides, Sheep Pelts, Horse and Mule Hides, Rags, Manila Rope, Old Rubber Shoes and Boots, Auto Tires, Rubber Buggy Tires, Iron, Brass, Copper, Pewter, Zinc, Babbit, Lead, Ginseng, Dry Golden Seal, Tallow, Beeswax, Bones, Magazines and Books.

Look around your home and farm, gather it up and bring to me. You will be surprised to see how small a pile of Junk will bring a dollar.

J. C. CRICE,  
CROSSVILLE, TENN

**Maxwell**

**\$635 Now**

**\$665 May 1st**

—because of the increased cost of the high-grade materials used in the manufacture of Maxwell Motor Cars

—and because the policy of the Maxwell Company will not permit of cheapening its product

—therefore the price of the Maxwell will be slightly increased as follows:

**Touring Car, from \$635 to \$665**

**Roadster - from \$620 to \$650**

All prices f. o. b. Detroit

**Buy YOUR Maxwell before MAY FIRST and save the increase**

**Pay as You Ride**

The MAXWELL sells for \$260 down, balance \$53 a month. One year free insurance.

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Motor Cars